

Beginning Ice Skating (5 Classes)

AGE: 14-adult

FEE: \$55 Residents, \$65 Non-residents

LOCATION: Belmont Iceland

INSTRUCTOR: Eastbay Iceland Skating School

Learn to skate with the professional staff at Belmont Iceland. In the lesson plan will be forward skating, gliding on two feet, gliding on one foot, stopping and forward swizels. (No class 11/28 or 11/30)

2252.301	Th	6:45-7:15pm	9/5 - 10/17
2252.302	Sat	12:00-12:30am	9/7 - 10/19
2252.303	Th	6:45-7:15pm	10/24 - 12/12
2252.304	Sat	12:00-12:30am	10/26 - 12/14

Introduction to Karate & Kung Fu (5 Classes)

AGE: 18-over

FEE: \$100 Residents, \$120 Non-residents

Fee includes uniform and manual

LOCATION: United Studios of Self Defense, 2043 Ralston Ave., Belmont (Carlmont Shopping Center)

INSTRUCTOR: USSD Staff

Adults will develop good self-defense skills, greater confidence, better physical condition, sharper mental discipline ability, plus have fun and feel better in this 5-week basic self-defense course. Students desiring to continue their training may register at Studio. (No class 10/31 & 12/26)

2358.301	M	6:30-7:15pm	9/9 - 10/7
2358.302	M	6:30-7:15pm	10/14 - 11/11
2358.303	M	6:30-7:15pm	11/18 - 12/16
2358.304	Th	6:30-7:15pm	9/12 - 10/10
2358.305	Th	6:30-7:15pm	10/17 - 11/21
2358.306	Th	6:30-7:15pm	12/5 - 1/9

WATCH for **ONLINE REGISTRATION** coming for Adult

Basketball and Winter Camp! More details will

be in our Winter Activities Guide.

ADULT SPORTS LEAGUES

Men's Basketball - Packets will be mailed out early November. Deadline will be December 5th.

Leagues start early January.

Men's, Coed Softball leagues-

Information will be out in January for Leagues starting early April. Look for more information in the Winter Activities Guide. Call us to have a packet mailed to you (650)595-7441.

Beginning Golf (5 Classes)

AGE: 14-over

FEE: \$57.50 Residents, \$71 Non-residents

LAB FEE: \$13 Green Fee for last class

LOCATION: Emerald Hills Golf Course - 366-4760

INSTRUCTION: Emerald Hills Golf Pro

Learn and practice golf in a fun and easy way with positive results. The goal is to gain the confidence to play a short course and have the knowledge and feel of all swings. Classes meet weekly. Four one-hour golf classes and one nine hole playing class. For those with little or no golf course experience. All equipment provided. First class held rain or shine. **OTHER TIMES AND DAYS AVAILABLE.** A \$13 green fee payable for the play class only. Call (650) 366-4760 for additional information.

2246.301	Th	9-10:00 am	9/5 - 10/3
2246.302	Th	5:30-6:30pm	9/5 - 10/3
2246.303	Sat	10:30-11:30am	9/7 - 10/5
2246.304	Th	9-10:00 am	10/10 - 11/7
2246.305	Th	5:30-6:30pm	10/10 - 11/7
2246.306	Sat	10:30-11:30am	10/12 - 11/9



Swing Improvement (5 Classes)

AGE: 14-over

FEE: \$57.50 Residents, \$71 Non-residents

LAB FEE: \$13 Green Fee for last class

LOCATION: Emerald Hills Golf Course - 366-4760

INSTRUCTION: Emerald Hills Golf Pro

Learn how simple, fun and easy it can be to improve your game. A swing routine (swing ritual) is learned and repeated to aid the golfer whether practicing or playing. The U.F.O. of Understand, Feel and Over-do is applied to putting, chipping/pitching and full swings. Classes meet weekly. Four one-hour group lessons and one nine hole playing class, for those with some golf course experience. First class held rain or shine. **OTHER TIMES AND DAYS AVAILABLE.** A \$13 green fee payable for the play class only. Call (650) 366-4760 for additional information.

2247.301	Th	10:15 - 11:15 am	9/5 - 10/3
2247.302	Th	6:45 - 7:45pm	9/5 - 10/3
2247.303	Sat	11:45am - 12:45pm	9/7 - 10/5
2247.304	Th	10:15 - 11:15 am	10/10 - 11/7
2247.305	Th	6:45 - 7:45pm	10/10 - 11/7
2247.306	Sat	11:45am - 12:45pm	10/12 - 11/9